



The colors of a traffic light will help you use your asthma medicines.

Green = Go Zone!
Use preventive medicine.

Yellow = Caution Zone!
Add quick-relief medicine.

Red = Danger Zone!
Get help from a doctor.

PREDICTED NORMAL PEAK FLOW READING:

_____ lpm

CENTRAL TEXAS ASTHMA ACTION PLAN

To be completed by Physician Designee and signed by Physician _____ Date _____

Patient Name _____ Date of Birth _____

Has the patient ever been admitted to ICU? () Yes () No
 Has the patient ever required mechanical ventilation? () Yes () No

Please classify this patient's asthma. Refer to these choices adopted from the NIH Asthma Management Guidelines.
 Asthma Classification by Physician: () Mild intermittent () Moderate persistent
 () Mild persistent () Severe persistent

Classification	Days with symptoms	Nights with symptoms	FEV1 or PEF (% pred. normal)
Severe persistent	Continual	Frequent	≤ 60%
Moderate persistent	Daily	> 5/month	> 60% to <80%
Mild persistent	> 2/week	3 to 4/month	≥ 80%
Mild intermittent	≤ 2/week	≤ 2/month	≥ 80%

GREEN ZONE: No signs or PF 80-100% of Predicted Normal or Personal Best – Take Preventative Medication

PEAK FLOW FROM _____ TO _____

You have all of these



- Breathing is good
- No cough or wheeze
- Sleep through night
- Can work and play

1. What preventative medications are prescribed and how often are they given? Name and Dose: _____

2. Does this patient have Exercised Induced Asthma? () Yes () No If yes, what medication should be given for EIA?
Take only one of the treatments 15-20 minutes before physical activity as needed.
 ALBUTEROL 2 puffs MDI & chamber ALBUTEROL 1 vial in nebulizer
 XOPENEX 2 puffs MDI & chamber XOPENEX 1 vial in nebulizer
 OTHER: _____

YELLOW ZONE: Caution Signs or PF 50 – 79% of Predicted Normal or Personal Best – Continue Preventative Medication

PEAK FLOW FROM _____ TO _____

You have *any* of these:



- First signs of a cold
- Exposure to known trigger
- Coughing doesn't stop
- Mild wheeze
- Chest tightness

In case of an asthma exacerbation, what quick-relief medication should be used?
Take one treatment every 4-6 hours as needed for 24-48 hours.
Recheck peak flow 15 minutes after treatment
 ALBUTEROL _____ puffs MDI & chamber ALBUTEROL 1 vial in nebulizer
 XOPENEX _____ puffs MDI & chamber XOPENEX 1 vial in nebulizer
 OTHER: _____
 If treatments are needed for longer than 24-48 hours, call your doctor.

RED ZONE: Danger Signs or PF Below 50% of Predicted Normal or Personal Best – Continue Preventative Medication

PEAK FLOW BELOW _____

Your asthma is getting worse fast:



- Medicine isn't helping
- Breathing is hard and fast
- Nose opens wide
- Ribs show during breathing
- Can't talk well.
- Inhale & exhale wheeze

1. In case of an asthma exacerbation, what quick-relief medication should be used?
Take one treatment every 20 minutes for up to three treatments only.
Recheck peak flow 15 minutes after treatment
 ALBUTEROL _____ puffs MDI & chamber ALBUTEROL 1 vial in nebulizer
 XOPENEX _____ puffs MDI & chamber XOPENEX 1 vial in nebulizer
 OTHER: _____

2. Get immediate medical attention – Call your doctor. If at school, go to the nurse. Or, call 911.

Physician signature: _____ Physician name: _____ Telephone: (____) _____ Date: _____

For children in school: School Name: _____ School district: _____
 I, the above signed physician, certify that the above named student has asthma and is capable of carrying and self-administering the above quick-relief asthma medication. (Texas Inhaler Law.) () Yes () No

I give permission for the school nurse to administer the above physician orders and to communicate with my child's health care provider concerning my child's asthma.

Parent signature: _____ Parent name: _____ Telephone: (____) _____ Date: _____